References / Bibliography

1] Afzal F et al (2016), Neck isometric exercises for cervical spondylosis can cause compression to nerve roots and increase symptoms during early phase of treatment?; Int. j. med. appl. health. Vol. 4, No. 2, 2016

2] Alker G: Neuroradiology of Cervical Spondylotic Myelopathy. Spine 13:850-853, 1988

3] Arnasson O, Carlsson CA, Pellettieri L: Surgical and Conservative Treatment of Cervical Spondylotic Radiculopathy and Myelopathy. Acta Neurochir (Wien) 84:48-53, 1987

4] Asgari S: Cervical Spondylotic Myelopathy, in Palmer JD (ed): Neurosurgery '96: Manuel of Neurosurgery. New York, Churchill Livingstone, 1996 pp750-754

5] Benzel EC: Biomechanics of Spine Stabilization. Rolling Meadows, American Association of Neurological Surgeons Publications, 2001

6] Binder AI (2007), Cervical spondylosis and neck pain;**BMJ**. 2007 Mar 10; 334(7592): 527–531

7] Bhusal N et al (2016), Management of Cervical Spondylosis with Dashamoola Oil Manya Vasti and Internal Medicines-A Case Study; International Journal of Health Sciences & Research (www.ijhsr.org) Vol.6; Issue: 9; September 2016

8] Bokshan SL et al (2016), An Evidence-Based Approach to Differentiating the Cause of Shoulder and Cervical Spine Pain; The American Journal of Medicine, Volume 129, Issue 9, Pages 913–918

9] Cai Z et al (2016), Trend of the incidence of cervical spondylosis: decrease with aging in the elderly and increase with aging in the young and the adults;Int J Clin Exp Med 2016;9(7):14329-14336 , ISSN:1940-5901/IJCEM0025532

10] Dive M et al (2017), Management of manyastambha (cervical spondylosis) through a traditional system of medicine; International Journal of Innovative Pharmaceutical Sciences and Research, 5 (02), 2017, 71-76

11] Derby R et al (2004), Non-Surgical Interventional Treatment of Cervical and Thoracic Radiculopathies; Pain Physician. 2004;7: 389-394, ISSN 1533-3159

12] Fletcher C (2017), The Natural History and Management of Cervical Spondylotic Myelopathy; Ortho & Rheum Open Access J 9(1): OROAJ.MS.ID.555751 (2017)

13] Francis OO (2017), Radiographic lumbar spondylosis: Gender and age group prevalence in Nigeria; Annals of Tropical Medicine & Public Health, Volume : 10

| Issue : 5 | Page : 1199-1204
14] Farooq MN et al (2018), The effects of neck mobilization in patients with chronic neck pain: A randomized controlled trial; Journal of Bodywork & Movement Therapies 22 (2018) 24e31
15] Hillard VH et al (2006), Surgical management of cervical myelopathy: indications and techniques for multilevel cervical discectomy; The Spine Journal 6 (2006) 242S–251S
16] Hammoudeh M et al (2016), Challenges of diagnosis and management of axial spondyloarthritis in North Africa and the Middle East: An expert consensus;Journal of International Medical Research, Volume: 44 issue: 2, page(s): 216-230
17] Joseph LR (2016), Determinants, characteristics and treatment of neck pain in a tertiary care hospital in Kerala; International Journal of Basic & Clinical Pharmacology | January 2017 | Vol 6 | Issue 1
18] Kaushik R et al (2017), Management of cervical spondylosis through ayurveda: a case study; Int. J. Res. Ayurveda Pharm. 8 (Suppl 2), 2017
19] Last AR and Hulbert K (2009), Chronic Low Back Pain: Evaluation and Management; American Family Physician, Volume 79, Number 12
20] Mullin J et al (2011), Overview of Cervical Spondylosis Pathophysiology and Biomechanics; World Spinal Column Journal, Volume 2 / No: 3 / September 2011
21] Mattei TA et al (2011), Cervical Spondylotic Myelopathy: Pathophysiology, Diagnosis, and Surgical Techniques;International Scholarly Research Network ISRN Neurology Volume 2011, Article ID 463729, 5 pages doi:10.5402/2011/463729
22] Maddali-Bongi S et al (2016), Feldenkrais-Core Integration Methodin Patients with Ankylosing Spondylitis: A Pilot Study ;JSM Arthritis 1(3): 1015 (2016)
23] Millner JR et al (2016), Exercise for ankylosing spondylitis: An evidence-based consensus statement; ELSEVIER, Seminars in Arthritis and Rheumatism 45 (2016) 411–427
24] Mehta VA et al (2017), Current Diagnosis and Management of Cervical Spondylotic Myelopathy; Global Spine Journal, Volume: 7 issue: 6, page(s): 572-586
25] Naaz A and Rizwan F (2015), Historical overview of cervical spondylosis; International Journal of Recent Scientific Research Vol. 6, Issue, 11, pp. 7155-7157, November, 2015
26] Oguntona SA (2014), Cervical spondylosis in South West Nigerian farmers and female traders; Annals of African Medicine, Year : 2014 | Volume : 13 | Issue : 2

| Page : 61-64
27] Olawale OA et al (2014), The efficacy of interferential therapy and exercise therapy in the treatment of low back pain;Nigerian Journal of Experimental & Clinical Biosciences, Volume : 2 | Issue : 1 | Page : 10-14
28] Ohaegbulam SC et al (2018), Modified Laminoplasty for Degenerative Cervical Spondylosis: The Technique of Floating Laminoplasty; Nigerian Journal of Surgery ¦ Volume 24 ¦ Issue 1
29] Pande A et al (2017), The prevalence of cervical spondylosis in Muslim community with special reference to Namaz in Agra; Internet Journal of Rheumatology and Clinical Immunology, ;5(1):OA1
30] Panjabi M, White A 3rd: Biomechanics of Nonacute Cervical Spinal Cord Trauma. Spine 13:838-842, 1988 39.
31] Patten J: Neurological Differential Diagnosis. London, SpringerVerlag, 1977, pp 139-171
32] Que Q et al (2013), Effectiveness of acupuncture intervention for neck pain caused by cervical spondylosis: study protocol for a randomized controlled trial;http://www.trialsjournal.com/content/14/1/186
33] Singh A et al (2012), Risk factors for development of cervical spondylotic myelopathy: results of a systematic review; Evidence-Based Spine-Care Journal Volume 3/Issue 3 — 2012, 35-42, Retrieved from https://pdfs.semanticscholar.org/281a/4cdb79424516cb8feaa611237dcdc67c0a5e.pdf
34] Singh S et al (2014), Risk factors in cervical spondylosis; Journal of Clinical Orthop Trauma, Vol.5(4), PMC4264061, DOI no. **https://dx.doi.org/10.1016%2Fj.jcot.2014.07.007**
35] Saunders RL, WIlon DH: The Surgery of Cervical Disk Disease: New Perspectives. Clin Orthop Relat Res 146: 119-17, 1980 .
36] Schneider RC, Cherry G, Pantek H: The Syndrome of Acute Central Cervical Spinal Cord Injury; with Special reference to the Mechanisms Involved in Hyperextension Injuries of Cervical Spine. J Neurosurg 28:565-581, 1968
37] Tom O'Dwyer et al (2017), Behaviour change intervention increases physical activity, spinal mobility and quality of life in adults with ankylosing spondylitis: a randomised trial; Journal of Physiotherapy 63 (2017) 30–39
38] Virdi G (2017), Cervical Myelopathy: Pathophysiology, Diagnosis, and

Management; Spine Research, ISSN 2471-8173, Vol.3, No.2:12

39] Voorhies RM (2001), Cervical Spondylosis: Recognition, Differential Diagnosis, and Management; The Ochsner Journal: April 2001, Vol. 3, No. 2, pp. 78-84.

40] Walker J (2012), Back pain: pathogenesis, diagnosis and management; Nursing Standard. 27, 14, 49-56

41] White AA 3rd, Panjabi MM: Biomechanical Consideration in the Surgical Management of Cervical Spondylotic Myelopathy. Spine 13:856-860, 1988 48.

42] Wilberg J: Effects of Surgery on Cervical Spondylotic Myelopathy. Acta Neurochir (Wien) 81:113-117, 1986

43] Young IA et al (2002), Sudden onset of cervical spondylotic myelopathy during sleep: A case report;Archieves of Physical Medicine & Rehabilitation, Vol.83, Issue 3, Pages 427-429

44] Zochling J and Braun J (2005), Assessment of ankylosing spondylitis; Clin Exp Rheumatol 2005; 23 (Suppl. 39): S133-S141.

45] Zou Z et al (2016), Single-stage surgical treatment of complex cervical spondylosis by combined anterior and posterior approach: an observational study; Int J Clin Exp Med 2016;9(6):9397-9403